

Booklist ~ Metta Forest Monastery

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The following books and recordings are, unless otherwise noted, written, translated, compiled, or recorded by Thānissaro Bhikkhu. They are distributed for free and sponsored through donations. Shipping is also free of charge, though there are some limitations on international requests.

Digital versions of these titles, and some others not in print, can be found at: www.dhammadata.org. Titles marked with an asterik (*) can be found at: www.forestdhamma.org.

How to Request Books

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BOOK REQUEST
METTA FOREST MONASTERY
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VALLEY CENTER, CA 92082-1409
USA

Please include your full, legible shipping address, and specify the title and the number of copies of each book and/or CD requested. This booklist can also be printed out and mailed to the Monastery with the requested items circled or highlighted.

Canonical Texts, Vinaya, Chanting

The Handful of Leaves Anthologies:

- Volume 1: Dīgha Nikāya
- Volume 2: Majjhima Nikāya (Currently out of stock. We will be printing more soon.)
- Volume 3: Saṃyutta Nikāya
- Volume 4: Aṅguttara Nikāya

Books of the Khuddaka Nikāya:

- Dhammapada
- Itivuttaka
- Sutta Nipāta
- Udāna
- Poems of the Elders (An anthology of the Theragāthā and Therīgāthā.)

The Buddhist Monastic Code 1 & 2 A two-volume work on the Theravāda monastic rules.

A Chanting Guide Pāli passages and suttas with English translations.

Thai Forest Tradition

Ajaan Lee Dhammadharo

The Teachings of Phra Ajaan Lee A two-volume library edition of the nine books listed below. (Volume I: Collected Writings; Volume II: Dhamma Talks)

The Autobiography of Phra Ajaan Lee His account of his adventures in the forests, towns, and cities of Thailand, Burma, and India.

Basic Themes A collection of four treatises: What is the Triple Gem?, The Path to Peace and Freedom for the Mind, Basic Themes, and Duties of the Saṅgha.

The Craft of the Heart On developing virtue (*sīla*), concentration (*samādhi*), and discernment (*paññā*).

Food for Thought & Starting Out Small An introductory collection of passages on the training of the heart.

Frames of Reference A treatise on the four frames of reference (*satipaṭṭhāna*).

The Heightened Mind A collection of talks and passages on the attitudes to bring to concentration practice.

Inner Strength A collection of sixteen talks.

Keeping the Breath in Mind & Lessons in Samādhi A manual on breath meditation. Includes excerpts from five talks.

The Skill of Release A collection of passages organized by theme.

Ajaan Mahā Boowa Ñāṇasampanno

A Life of Inner Quality A collection of talks given to lay people.

Straight from the Heart A collection of talks on dealing with illness and death.

Things As They Are A collection of talks, mostly given to the monks at Wat Pa Baan Taad.

Venerable Ācariya Mun Bhūridatta Thera: A Spiritual Biography* (translated by Bhikkhu Sīlaratano)

Wisdom Develops Samādhi* (translated by Ajaan Paññāvaḍḍho) On using contemplation as a means of getting the mind into right concentration.

Ajahn Chah

In Simple Terms A collection of similes.

It's Like This A collection of similes.

Still, Flowing Water A collection of eight talks.

Other Ajaans

Awareness Itself by Ajaan Fuang Jotiko. Anecdotes about and quotations from Ajaan Fuang.

Come & See by Ajaan Funn Ācāro. A collection of three talks along with a short biography.

A Fistful of Sand by Ajaan Suwat Suvaco. A collection of talks.

Gifts He Left Behind by Ajaan Dune Atulo. Anecdotes about and quotations from Ajaan Dune.

The Intelligent Heart by Ajaan Suwat Suvaco. A collection of five talks.

Mae Chee Kaew: Her Journey to Spiritual Awakening & Enlightenment* by Bhikkhu Sīlaratano. A biography of a student of Ajaan Mun and Ajaan Mahā Boowa.

Uncommon Wisdom* by Ajaan Dick Sīlaratano. A biography and collected teachings from Ajaan Paññavaḍḍho, a student of Ajaan Mahā Boowa.

An Unentangled Knowing by Upasikā Kee Nanayon. A collection of talks by one of the foremost female teachers in 20th century Thailand.

Ṭhānissaro Bhikkhu

Essays

The following books are compilations of short essays dealing with core aspects of the practice and misunderstood / misinterpreted points of the Buddha's teachings:

(Listed in order of publication)

Noble Strategy

The Karma of Questions

Purity of Heart

Head & Heart Together

Beyond All Directions

Noble & True

First Things First

Dhamma Talks

Factors for Awakening Talks on the seven factors for awakening (*satta bojjhaṅgā*).

Meditations 1–9 Nine separate books of transcribed talks. (Please indicate below the volumes requested.)

[All or: 1 2 3 4 5 6 7 8 9]

The Noble Eightfold Path Talks on each of the eight factors of the path.

Treatises

The Buddha's Teachings: an Introduction A short explanation of the basic concepts and values underlying the practice for putting an end to suffering.

Buddhist Romanticism An in-depth study of the pervasive influence of early Romantic thought in shaping the way Buddhism is taught in the West, and of the practical consequences of following the Romantics rather than the Buddha in approaching the problem of suffering and stress.

Karma Q&A A small booklet addressing frequently misunderstood points on karma.

The Mind Like Fire Unbound An essay on the meaning of nibbāna / nirvana.

Noble Warrior A biography of the Buddha compiled from passages of the Pāli Canon, focusing on the qualities and insights that allowed him, and those who

followed, to attain Awakening.

On the Path A comprehensive anthology and analysis of passages from the Pāli Canon on the Noble Eightfold Path.

The Paradox of Becoming On using becoming (*bhava*) to go beyond becoming.

Refuge An introductory collection on taking refuge in the Triple Gem.

Right Mindfulness On the Buddha's teachings on mindfulness (*sati*).

The Shape of Suffering On dependent co-arising (*paṭicca-samuppāda*).

Skill in Questions On the Buddha's teaching strategies based on the four ways he responded to questions.

The Truth of Rebirth An essay on why rebirth is important to right view.

The Wings to Awakening A thorough treatment of the wings to awakening (*bodhi-pakkhiya-dhamma*).

With Each & Every Breath An introduction to breath meditation.

Retreats

The Five Faculties Transcriptions from a retreat given on the five faculties (*pañcīndriyāni*).

The Karma of Mindfulness Transcribed talks and Q&A's on the relationship between karma and mindfulness.

Selves & Not-Self Talks on the skillful use of perceptions of self and not-self (*anattā*).

Study Guides

Beyond Coping On aging, illness, death, and separation.

The Buddha Smiles On humor in the Pāli Canon.

Discernment: The Buddha's Strategies for Happiness 2 On developing and applying discernment (*paññā*).

Into the Stream On the first stage of awakening.

Merit: The Buddha's Strategies for Happiness 1 On how merit (*puñña*) leads to long-term happiness.

Non-violence On the drawbacks of violence and how to overcome the causes of anger within oneself.

Recognizing the Dhamma On the eight principles for recognizing what is and is not Dhamma-Vinaya.

The Sublime Attitudes On the sublime attitudes (*brahmavihārā*).

Ten Perfections On the ten perfections (*pāramī*).

mp3 CDs

Basics 64 introductory Dhamma talks.

Chanting (Audio format) Recordings of chanting.

A Refuge Talks and readings on aging, illness, and death.

The Ten Perfections Recordings of an on-line retreat on the ten perfections (*pāramī*).